

Our Year 10 students have 3 additional RSE themes to explore discussions with our expert RSE team. Students are given extended opportunities to debate, discuss and explore their beliefs as well as challenge their own and others' views. Our students will have the knowledge and skills to challenge misconceptions and make well informed decisions to keep themselves and others safe.

**Long
Term Plan**

Year 10: PSHE

		Learning Cycle	Key Concepts and Themes	Vocabulary
Year 10: PSHE	HT1	Respectful Relationships	<ul style="list-style-type: none"> • Consent • Coercive control • Criminal behaviour within relationships • Domestic violence 	Assault, Sexual assault, Coercion, Blackmail, Stalking, Harassment, Mutual respect, Sexual norms, Coercion, Intimacy, Mutual respect, Withdraw consent
	HT2			
	HT3	Intimate and Sexual Relationships	<ul style="list-style-type: none"> • Positive and healthy intimate relationships • Consent • Health and sex and relationships • Managing sexual pressure • Alcohol and drugs and choices around sex • Managing choices around contraception • How to manage sexually transmitted infections 	STI, Contraception, Safer sex, Sexual health, Inhibitions, Regret, Fertility, Reproductive health
	HT4			
	HT5	Online and Media	<ul style="list-style-type: none"> • Behaviour expectations online • Sharing material online • Online risk, including nudes and grooming • Pornography and Sexually explicit material • The laws around these 	Grooming, Harassment, Radicalisation, Indecent, Censorship, Stalking, Distorted
	HT6			

Skill Development	<ul style="list-style-type: none"> • Identifying thinking traps • Resilience • Managing risk • Identifying and accessing support • Self-regulation 	<ul style="list-style-type: none"> • Clarifying own values • Developing a healthy self-concept • Building and maintaining healthy relationships • Decision making 	<ul style="list-style-type: none"> • Empathy and compassion • Respect for others • Valuing diversity • Assessing the validity and reliability of information
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